

Patterson Park Community Center Aquatics

2013 Summer Pool Hours

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| Monday through Thursday | 6:00 a.m. to 8:45 p.m. |
| Friday | 6:00 a.m. to 6:30 p.m. Available for pool rentals 7:00 to 9:00 p.m. |
| Saturday | 8:00 a.m. to 4:30 p.m. Available for pool rentals 11:00 p.m. to 1:00 p.m., and 5:00 p.m. to 7:00 p.m. |
| Sunday | 1:00 p.m. to 4:30 p.m. Available for pool rentals 5:00 p.m. to 7:00 p.m. |

Activities

| Activity | Monday and Wednesday | Tuesday and Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--|---|---|---|-----------------------|
| Lap swim | 6:00 a.m. - 12:45 p.m. 2:00 p.m. - 8:45 p.m. | 6:00 a.m. - 12:45 p.m. 2:00 p.m. - 8:45 p.m. | 6:00 a.m. - 12:45 p.m. 2:00 p.m. - 6:30 p.m. | 9:00 a.m. - 11:00 a.m. | N/A |
| Anchor Down Aqua | 8:00 a.m. - 9:00 a.m. | 8:00 a.m. - 9:00 a.m. | 8:00 a.m. - 9:00 a.m. | N/A | N/A |
| Squeaks & Creaks | 9:00 a.m. - 10:00 a.m. | 9:00 a.m. - 10:00 a.m. | 9:00 a.m. - 10:00 a.m. | N/A | N/A |
| Aqua Zumba | 5:30 p.m. - 6:30 p.m. | N/A | N/A | N/A | N/A |
| Rec pool play and Open Swim ** | 10:00 a.m. - 12:45 p.m. 2:00 p.m. - 4:45 p.m. 7:00 p.m. - 8:45 p.m. ** | 10:00 a.m. - 12:45 p.m. 2:00 p.m. - 8:45 p.m. ** | 10:00 a.m. - 12:45 p.m. 2:00 p.m. - 6:30 p.m. ** | 1:00 p.m. - 4:30 p.m. | 1:00 p.m. - 4:30 p.m. |
| Pool rentals*** (615) 893-7439 | N/A | N/A | 7:00 p.m. - 9:00 p.m. (Pool closes to the public at 6:30 p.m.) | 11:00 a.m. - 1:00 p.m. 5:00 p.m. - 7:00 p.m. | 5:00 p.m. - 7:00 p.m. |

Please note: The pool is closed 12:45 p.m. to 2:00 p.m. Monday through Friday

*Lap lanes will vary by time of day. During Aerobics, one lap lane will be available.

** During swim lessons there is no Rec. Play until swim lessons are complete. During the aerobics time (5:30 – 6:30) all play features will be turned off.

***The pool will be cleared 15 minutes prior to the rental end time for cleanup.

- **Lap swim:** Lap lane availability will vary on the time of day. Six o'clock a.m. to 8 a.m. is dedicated to lap swim only. All other times, there are two and three lanes available on a first-come, first-served basis.
- **Anchored Down Aqua:** This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone.
- **Squeaks n' Creaks:** An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.
- **Aqua Zumba:** Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.